



Introduction

You may notice that working for long periods of time, without taking a break, may cause you to feel some discomfort. When you first feel discomfort, stop what you are doing and take a few minutes to do the stretches described here. Each of these stretches focuses on a specific part of the body – back, neck, shoulders, elbows, forearms, hands, and wrists. Each stretch should be done **s-l-o-w-l-y** and gently. The benefits are well worth the few minutes it takes out of your workday.

Trunk and Low Back

Side bend

- Feet shoulder width apart, arms at sides.
- With one hand, reach up overhead and **s-l-o-w-l-y** lean towards opposite side. Keep both feet flat on ground.
- Hold for 15-30 seconds.
- Return to starting position and repeat 3-5 times on each side.



Backbend

- Feet shoulder width apart, hands on hips.
- Looking straight ahead (don't throw your head back) **s-l-o-w-l-y** and gently bend backwards.
- You should feel tension, not pain, in the low back.
- Hold for 15-30 seconds, but don't hold your breath.
- Return to starting position and repeat 3-5 times.



Upper Body

Chest and Shoulder Stretch

- Standing up straight, raise your arms with your elbows bent so that your upper arms are parallel to the floor, fingers pointing up.
- **S-l-o-w-l-y** squeeze your shoulder blades together and hold for 15-30 seconds.
- Return to the starting position and repeat 3-5 times.



Forearm Stretch

- Hold your arms out straight in front of you with your palms facing down.
- Make a loose fist with your hands.
- **S-l-o-w-l-y** and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor.
- Now **s-l-o-w-l-y** and gently rotate your fists toward the little finger side of your hand.
- Hold for 15-30 seconds. You should feel a stretch from the topside of the wrists up to the elbow.
- Relax and shake out your hands and arms.
- Repeat this stretch 3-5 times.



Open Hand Stretch

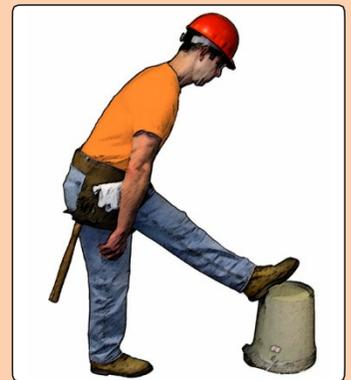
- Start with your hands in a loose fist position.
- **S-l-o-w-l-y** open your hands and extend your fingers.
- Return to a loose fist position and repeat 3-5 times.



Legs

Hamstring Stretch

- Raise your foot on an elevated surface, at least 10" to 12" high. A step stool, bucket, or the bottom shelf of a locked rolling cart works for this purpose.
- Looking forward, **s-l-o-w-l-y** bend at hip, keeping raised leg straight.
- Stop when you feel tension and hold 15-30 seconds.
- To increase tension, pull toes up towards face.
- Repeat this stretch 3-5 times.
- Switch legs, repeat stretch on the opposite leg.



Quadriceps Stretch

- Holding on for balance with your right hand, grab your left foot or ankle with your left hand.
- Feel the stretch in the front of your thigh. Hold for 15-30 seconds. Repeat this stretch 3-5 times.
- Repeat stretch on opposite leg.

